

**VERMONT TOBACCO EVALUATION AND REVIEW BOARD**

**Cessation Services Committee**

**Thursday June 15, 2015, 1:00 p.m. – 2:30 p.m.**

**Vermont Arts Council, Montpelier, VT**

**Minutes**

Present: Amy Brewer, Rhonda Williams, Barbara Moeykins, Greg MacDonald, Eoana Sturges, Bob Uerz

Public Comment

None

VDH update on partnership activities:

In an on-going effort to reach state employees (27,000 current and former employees and their families) with cessation services, VDH has had one meeting with benefits division. There exists disparities around state employees. Vermont is self-insured through BCBS. The department of human resources wellness division pays out \$650,000 in incentives as part of their wellness benefit plan, but they are seeing mostly healthy people take advantage of that. VDH is seeking collaboration, looking at data together and targeting incentives toward people who really need it. HR is also looking at a texting option. Currently their wellness outreach is through newsletter or computer-based, but not all state employees have computers and/or a desk job. VDH is meeting with BCBS's benefit manager to discuss ways to utilize data to better target state employees for cessation services.

Medicaid still requires prescription and/or prior authorization for approved cessation devices. This poses a barrier. VDH wants to remove barriers and help provide the best benefit, so they are continuing to address this.

Vermont is now in year 2 of SBIRT funding which is a program for changing practice flow, screening for brief intervention and referral to treatment. Primary care ATOD screening intervention and referral to treatment is designed to reach people before they have a serious problem. Currently there are ten sites. This program is located within ADAP.

VDH staff wondered if, through Greg, who is a thought leader in the state around cessation, CVMC might consider a pilot of electronic health record closed-loop e-referral system.

*Action: Greg and Rhonda will follow-up on this as a future partnership possibility.*

Tobacco-free treatment facilities, and integration of tobacco cessation into treatment:

Beginning July 1, ADAP funded treatment facilities (10 sites) will go tobacco-free campus-wide and they are sending in treatment plans to ADAP. In residential facilities, if one or more staff becomes trained as a Tobacco Treatment Specialist, VDH will provide a 2-week supply of NRT for the entire facility.

Update on cessation data:

Barbara provided updated cessation report slides and provided a brief update. (see VTERB website cessation services committee section for slides.)

Dartmouth's prevention research center partnership opportunities:

VDH has a \$10,000 contract with Dartmouth to use their materials and share resources around cessation services in behavioral health facilities. There will be a unique landing page from VDH to the materials for this effort.

Youth Cessation

Currently, for youth cessation, Vermont offers only the Quitline and N-O-T in schools. Although N-O-T is considered by CDC to not be evidence-based (this may be an issue of efficacy, fidelity, and/or cost-effectiveness), schools are still using it and Barbara would like us to continue to support the use of N-O-T because there isn't any better option for local youth cessation services. Tracy Orleans is a national expert in cessation and authored an article around common elements that appear to work in youth cessation, through there is no one evidence-based practice. Quitlines have been shown to work, but few youth call quitlines. Barbara would like to promote the texting to quit Federal site designed for youth. Barbara suggested they would like to investigate mobile apps and promote quit on line for more targeted youth cessation. She would like to work with Dartmouth on this to learn from them what the evidence shows. These seem to be promising strategies. National Jewish is working to revamp their website to make it more youth friendly. They are also piloting a youth cessation protocol in Rhode Island. Vermont would like to watch the results of this pilot to see what we can learn from it.

*Action: Barbara will send to Kate the link and information about [Text2quit.org](http://Text2quit.org)*

Next meeting agenda items:

SBIRT data presentation

Greg suggested that he'd like the Tobacco Board or VDH or both to provide a certificate or award for businesses and systems that successfully implement tobacco control policies. (Maine Department of Health did this for colleges and hospitals). This can be a future Board meeting discussion.

Next cessation services committee meeting: October 19, 2015, 1:00-2:30 Vermont Arts Council